Mastering My Hockey Skills

**Directions:** At home, have your parent or guardian check your ability to perform these skills. After a few practice attempts, begin performing one skill at a time. Have the results of your performance recorded. Once completed, check the data to determine your strengths and weaknesses. Practice using perfect technique those skills which need improvement until mastered.

\***No hockey stick, no problem.** Use a broomstick, a mop, or a yardstick (etc.). Be creative.

Students Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_

**Evaluator’s Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Carrying the Puck Never Sometimes Always

1. Holds stick with non-dominant hand a**t the very top** \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
2. Standing upright, dominant hand is slightly below \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
3. **All** fingers wrap around the stick (no pointing) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
4. Blade of stick mainly out on dominant side of body \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
5. Butt of stick is **always** out to non-dominant side \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
6. Uses both sides of blade to keep puck near \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Slap Shot Never Sometimes Always

1. Body turns perpendicular to target \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

2. Dominant hand slides down shaft of stick \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

3. Transfers weight to back foot during backswing \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

4. Transfers weight to neutral during contact \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

5. Transfers weight to front foot during follow through \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

6. Blade of stick never goes above hip level \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Wrist Shot Never Sometimes Always

1. Holds stick with non-dominant hand at the very top \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

2. Standing upright, dominant hand is slightly below \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

3. Roll wrists until blade is facing ground (backswing) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

4. Puck starts at heel of blade and moves through to the \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

toe of the blade as you push forward (shot)

5. Continue to roll wrists until blade is facing the sky \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

snapping the puck forward (follow through)

Goaltending Never Sometimes Always

1. Knees and feet together \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

2. Glove hand up \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

3. Stick held in dominant hand, palm facing body \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

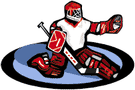
4. Blade of stick rides flat on the ground \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

5. Player moves left and right staying in good position \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

6. Player outlets saves to side of net, not out front \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

7. When facing a one-on-one breakaway, player \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

attacks the puck

 34-585571213